

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
FAKULTAS KESEHATAN
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**HUBUNGAN PERSONAL HYGIENE DENGAN RIWAYAT PENYAKIT KULIT
PADA SANTRI DI PESANTREN DARUL MA'ARIF CIKEDUNG MAJA
MAJALENGKA**

xv +233+ 5 tabel + 15 lampiran

ABSTRAK

Penyakit kulit merupakan salah satu penyakit yang berhubungan dengan lingkungan dan perilaku manusia. Kondisi ini dapat menyebabkan kulit menjadi gatal, ruam merah, bersisik, pecah-pecah, mengandung air dan nanah. Penyakit kulit bisa disebabkan oleh beberapa faktor yaitu personal hygiene maupun keadaan kebersihan lingkungan yang buruk. Dengan menjaga *personal hygiene* maka sangat berpengaruh terhadap kesehatan individu. Penelitian ini bertujuan untuk mengetahui hubungan personal hygiene dengan Riwayat penyakit kulit pada santri di Pesantren Darul Ma'arif Cikédung Maja Majalengka. Metode penelitian yang digunakan adalah observasi analitik melalui lembar kuesioner. Sampel penelitian ini yaitu sebanyak 101 santri di Pesantren Darul Ma'arif Cikédung. Hasil uji validitas variabel independen menunjukkan r hitung (0,380-0,836) lebih besar dari r tabel (0,3610). Hasil uji reliabilitas yaitu kebersihan kulit (0,615), kebersihan tangan dan kuku (0,782), kebersihan pakaian (0,896), kebersihan handuk (0,673), kebersihan tempat tidur dan spreng (0,879). Hasil uji validitas variabel dependen menunjukkan r hitung (0,372-0,668). Hasil uji reliabilitas yaitu (0,688), dinyatakan valid dan reliabel. Menggunakan teknik *stratified proportional random sampling*. Penelitian ini dilakukan di aula pesantren Darul Ma'arif Cikédung Maja Majalengka pada tanggal 16 Januari-14 Maret 2025.

Hasil penelitian menunjukkan bahwa pelaksanaan lembar kuesioner univariat personal hygiene dikategorikan buruk oleh 82 responden (81,2%) dan baik oleh 19 responden (18,8%). Hasil univariat riwayat penyakit kulit dikategorikan tidak ada riwayat penyakit kulit oleh 22 responden (21,8%) dan ada riwayat penyakit kulit oleh 79 responden (78,2%). Analisis bivariat dilakukan melalui uji *chi-square* menunjukkan p -value yaitu 0,000 artinya lebih kecil $\alpha = 0,05$. Hasil ini menunjukkan H_0 ditolak artinya ada hubungan personal hygiene dengan riwayat penyakit kulit pada santri di Pesantren Darul Ma'arif Cikédung Maja Majalengka.

Hasil penelitian ini diharapkan pesantren lebih memperhatikan kebersihan santri dengan mengadakan sosialisasi dan menyediakan media seperti banner tentang personal hygiene untuk mencegah penyakit kulit.

Kata kunci: Personal Hygiene, Penyakit Kulit, Pesantren.

Daftar Pustaka : 33 (2015-2024)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
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**RELATIONSHIP BETWEEN PERSONAL HYGIENE AND HISTORY OF SKIN
DISEASE IN STUDENTS AT THE DARUL MA'ARIF CIKEDUNG MAJA
MAJALENGKA ISLAMIC BOARDING SCHOOL**

xv + 233 + 5 tables + 15 enclosure

ABSTRACT

Skin disease is one of the diseases related to the environment and human behavior. This condition can cause the skin to become itchy, red rash, scaly, cracked, containing water and pus. Skin disease can be caused by several factors, namely personal hygiene and poor environmental hygiene. By maintaining personal hygiene, it greatly affect the health of the individual. This study aims to determine the relationship between personal hygiene and the history of skin disease in students at the Darul Ma'arif Cikedung Maja Majalengka Islamic Boarding School.

The research method used is analytical observation through a questionnaire sheet. The sample of this study was 101 students at the Darul Ma'arif Cikedung Islamic Boarding School. The results of the validity test of the independent variables showed that r count (0.380-0.836) was greater than r table (0.3610). The results of the reliability test were skin cleanliness (0.615), hand and nail cleanliness (0.782), clothing cleanliness (0.896), towel cleanliness (0.673), bed and sheet cleanliness (0.879). The results of the validity test of the dependent variable showed r count (0.372-0.668). The results of the reliability test were (0.688), declared valid and reliable. Using the stratified proportional random sampling technique. This research was conducted in the hall of the Darul Ma'arif Cikedung Maja Majalengka Islamic Boarding School on January 16-March 14, 2025.

The results of the study showed that the implementation of the univariate personal hygiene questionnaire sheet was categorized as poor by 82 respondents (81.2%) and good by 19 respondents (18.8%). The univariate results of skin disease history were categorized as no history of skin disease by 22 respondents (21.8%) and there was a history of skin disease by 79 respondents (78.2%). Bivariate analysis was carried out through the chi-square test showing a p -value of 0.000, meaning it was smaller than $\alpha = 0.05$. These results indicate that H_0 is rejected, meaning that there is a relationship between personal hygiene and a history of skin disease in students at the Darul Ma'arif Cikedung Maja Majalengka Islamic Boarding School.

The results of this study are expected to make Islamic boarding schools pay more attention to the cleanliness of their students by holding socialization and providing media such as banners about personal hygiene to prevent skin diseases.

Keywords : Personal hygiene, skin disease, boarding school.

References : 33 (2015-2024)